

Statistics Report 01172, Egg, white, raw, frozen, pasteurized

Report Date: July 11, 2017 14:03 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	88.17	15	0.073	87.7	88.7	14.0	88.01	88.323	1	Analytical or derived from analytical	--	04/2015
Energy	kcal	48	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Energy	kJ	202	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Protein 1	g	10.20	15	0.114	9.42	10.9	14.0	9.954	10.442	1	Analytical or derived from analytical	--	04/2015
Total lipid (fat) 1	g	0.00	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2015
Ash 1	g	0.60	15	0.035	0.14	0.75	14.0	0.524	0.675	1	Analytical or derived from analytical	--	04/2015
Carbohydrate, by difference	g	1.04	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/1996
Sugars, total 1	g	0.25	15	0.013	0.2	0.3	14.0	0.225	0.282	1	Analytical or derived from analytical	--	04/2015
Sucrose 1	g	0.00	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) 1	g	0.25	15	0.013	0.2	0.3	14.0	0.225	0.282	1	Analytical or derived from analytical	--	04/2015
Fructose 1	g	0.00	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
Lactose 1	g	0.00	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
Maltose 1	g	0.00	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
Galactose 1	g	0.00	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
Minerals													
Calcium, Ca 1	mg	8	15	0.434	6	12	14.0	7.203	9.066	1	Analytical or derived from analytical	--	04/2015
Iron, Fe 1	mg	0.04	15	0.000	0.04	0.04	14.0	0.038	0.038	1	Analytical or derived from analytical	--	04/2015
Magnesium, Mg 2	mg	11	3	--	10	12	--	--	--	1	Analytical or derived from analytical	--	04/2012
Phosphorus, P 2	mg	13	3	--	12	14	--	--	--	1	Analytical or derived from analytical	--	05/1996
Potassium, K 2	mg	169	3	--	149	192	--	--	--	1	Analytical or derived from analytical	--	04/2012

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Sodium, Na 1	mg	169	15	1.846	154	177	14.0	165.174	173.093	1	Analytical or derived from analytical	--	04/2012
Zinc, Zn 2	mg	0.07	3	--	0.03	0.09	--	--	--	1	Analytical or derived from analytical	--	04/2012
Copper, Cu 2	mg	0.032	3	--	0.03	0.03	--	--	--	1	Analytical or derived from analytical	--	04/2012
Manganese, Mn	mg	0.007	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1996
Selenium, Se 2	µg	9.2	3	--	8.8	10	--	--	--	1	Analytical or derived from analytical	--	04/2012
Vitamins													
Vitamin C, total ascorbic acid 1	mg	0.0	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2015
Thiamin 2	mg	0.023	3	--	0	0.07	--	--	--	1	Analytical or derived from analytical	--	04/2012
Riboflavin 2	mg	0.423	3	--	0.37	0.51	--	--	--	1	Analytical or derived from analytical	--	04/2012
Niacin 2	mg	0.093	3	--	0.09	0.1	--	--	--	1	Analytical or derived from analytical	--	04/2012
Pantothenic acid 2	mg	0.147	3	--	0.12	0.17	--	--	--	1	Analytical or derived from analytical	--	04/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 1	mg	0.005	15	0.000	0.01	0.01	14.0	0.005	0.005	1	Analytical or derived from analytical	--	04/2015
Folate, total 2	µg	10	3	--	6	15	--	--	--	1	Analytical or derived from analytical	--	04/2012
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	10	3	--	6	15	--	--	--	1	Analytical or derived from analytical	--	04/2012
Folate, DFE	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2012
Choline, total 2	mg	2.5	3	--	2.5	2.5	--	--	--	1	Analytical or derived from analytical	--	04/2012
Vitamin B-12 1	µg	0.03	15	0.009	0.02	0.16	14.0	0.007	0.048	1	Analytical or derived from analytical	--	04/2015
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2012
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Retinol 1	µg	0	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
Carotene, beta 2	µg	0	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2012
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01124	04/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01124	04/2012
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01124	04/2012
Lutein + zeaxanthin 2	µg	20	3	--	20	20	--	--	--	1	Analytical or derived from analytical	--	04/2012
Vitamin E (alpha-tocopherol) 2	mg	0.00	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2012
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2012
Vitamin D (D2 + D3)	µg	0.0	15	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Vitamin D2 (ergocalciferol) 1	µg	0.0	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2015
Vitamin D3 (cholecalciferol) 1	µg	0.0	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
Vitamin D 2	IU	0	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2012
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01124	04/2012
Lipids													
Fatty acids, total saturated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015

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4:0 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2015
6:0 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2015
8:0 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
10:0 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
12:0 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
14:0 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
15:0 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
16:0 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2015
17:0 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
18:0 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2015

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20:0 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
22:0 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
24:0 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
Fatty acids, total monounsaturated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	04/2015
14:1 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
15:1 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
16:1 undifferentiated 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
17:1 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
18:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	04/2015
20:1 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
22:1 undifferentiated 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
18:2 undifferentiated 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2015
18:2 n-6 c,c 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2015
18:2 t,t 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2015
18:3 undifferentiated 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
18:3 n-3 c,c,c (ALA) 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
18:3 n-6 c,c,c 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
18:3i 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2015
18:4 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2015
20:2 n-6 c,c 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012

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20:3 undifferentiated 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
20:4 undifferentiated 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
20:5 n-3 (EPA) 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
22:5 n-3 (DPA) 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
22:6 n-3 (DHA) 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Fatty acids, total trans-monoenoic	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/1996
Amino Acids													
Tryptophan 2	g	0.176	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Threonine 2	g	0.453	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Isoleucine 2	g	0.559	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Leucine 2	g	0.936	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Lysine 2	g	0.760	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Methionine 2	g	0.396	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Cystine 2	g	0.288	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Phenylalanine 2	g	0.658	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Tyrosine 2	g	0.446	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Valine 2	g	0.730	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Arginine 2	g	0.625	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Histidine 2	g	0.263	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Alanine 2	g	0.658	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Aspartic acid 2	g	1.159	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Glutamic acid 2	g	1.480	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Glycine 2	g	0.391	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Proline 2	g	0.409	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Serine 2	g	0.797	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2012
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2012
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2012

Sources of Data
¹American Egg Board American Egg Board - data on six egg products, 2014
²American Egg Board American Egg Board-Egg Nutrition Center Study, 2005